

# Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ www.FrederickCountyMD.gov ♦ 301-600-7020

## August Program Highlights

### Armchair Travelers

Visit other parts of the United States or even other parts of the world...without leaving the senior center. The last Monday of each month enjoy adventures from your armchair.

**Date:** Monday, August 29

**Destination:** New Zealand

**Time:** 1:00 p.m.

**Cost:** Free

### Ask Nurse Steve

Ask questions! Learn more about issues concerning your health! Each month Steve Stoyke, the Department of Aging nurse will talk about a different health topic.

**Topic:** Hospital Hings

**Date:** Wednesday, August 17

**Time:** 12:30 p.m.

**Cost:** Free

### Omelet Bar

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Other brunch food will also be served.

**Date:** Wednesday, August 17

Sign-up by Monday, August 15

**Time:** Noon

**Cost:** \$4.80 (Regular lunch fee)

### Blood Pressure Screening

Stop in for a blood pressure check!

**Date:** Monday, August 8 and August 22

**Time:** 10:00 a.m.

**Date:** Wednesday, August 17

**Time:** 11:30 a.m.

**Cost:** Free

### Picnic

Join us and the rest of the senior centers for a picnic at Rocky Ridge Park! Food, entertainment, bingo and of course the big slide!

**Date:** Wednesday, August 3

Register by July 27

**Time:** 10:00 a.m.-2:00 p.m.

**Cost:** Lunch \$4.00

Transportation: \$6.00

### Men's Discussion Group

Finally, a group for men only! Discussions may include: current events, movies, books, retirement, family...whatever is on your mind. There will be a moderator to help keep the discussion friendly. **Note: New Day**

**Date:** 2<sup>nd</sup> and last Thursdays of each month

**Time:** 9:30 a.m.

**Cost:** Free

### New Hours

#### Beginning September 6, 2011

Mondays: 9:00 a.m.-3:00 p.m.

Tuesdays: 9:00 a.m.-8:00 p.m.

Wednesdays: 9:00 a.m.-3:00 p.m.

Thursdays: 9:00 a.m.-3:00 p.m.

Fridays: Closed

